September 25, 2019

Dear Educators,

We are excited to bring you and your students an opportunity to educate our community on health issues that directly affect our youth. Coos Health & Wellness is again hosting a Coos County High School Commercial Contest. We often think as health care providers or educators that we know what they need to hear, but who better to educate the student population than the students?

High schools may have as many teams as they want or need. Each team will select a topic from the list attached and write a script for a thirty second commercial according to the attached instructions. **Submissions are due by Monday, February 3rd, 2020 at 5pm to the email address listed below.**

Submissions will be carefully reviewed by a judging panel to select a winner. The winning team will be announced and their commercial filmed/formatted before Spring Break. Each student on the winning team will receive a $500 scholarship from Coos Health & Wellness and their name/s will be added to the “winner’s plaque” which you may display in your school for the remainder of the year. That plaque will rotate to the winner of next year’s (2020/21) contest. As an added bonus, the winning team will also receive a lunch party for their efforts!

I hope that you will join us in this endeavor and I look forward to working with you and your students.

Thank you,

---

**Eric Gleason MS, DBH**  
*Health Care Integration & Promotion Director*

281 LaClair St.  
Coos Bay, OR 97420  
p. 541-266-6741, f. 541-888-8726  
TTY Relay: 7-1-1
Commercial Contest for High School Students – 2019/20

Coos Health & Wellness invites all Coos County high school students to enter a Commercial Contest to promote health and wellbeing! The winning team will have their commercial filmed by KCBY and be treated to a lunch party! The winning team’s students each will receive a $500 scholarship.

Entering the contest is EASY:

- First you must form a team of no more than four students in each team and decide on a commercial subject from the list below:
  - **Healthy Eating and/or Active Living** (Examples: eating nutritionally, awareness and/or prevention of eating disorders, reducing sugary beverages, obesity prevention, setting an exercise routine, opportunities to live an active life)
  - **Safe and Healthy Relationships** (Examples: setting healthy boundaries, refusal skills, prevention of sexually transmitted diseases, teen pregnancy prevention, understanding and/or preventing teen dating violence)
  - **Teen Mental Health** (Examples: raise awareness of youth mental health statistics – anxiety and/or depression, mental health can be treated, where to call for help, suicide prevention, know the warning signs, how to build resilience, co-occurring disorder with mental health and substance abuse)

- As a team, write a script for your commercial using the attached template. Technically, a 30-second commercial is 26 seconds; you lose about four seconds to fade the video up at the beginning and down at the end. Be sure to time your script to make sure it is not too long.
  - The script consists of two elements: on the script side write what the announcer’s voice over will be saying or any words you might want an actor/s to say. And on the video side you must write out a visual that corresponds with the script – what is happening and what needs to be filmed. Words on a TV screen are generally called “chyron” or “CG” for character generator. If you want any words on the screen write “CG”, listing the text for the screen, in the Video column.
  - Teams may also submit a video submission along with their script if they have made one.

- Submit script, on form below, to Eric.Gleason@chw.coos.or.us by February 3rd, 2020 by 5pm.

Thank you. We look forward to seeing all your cool ideas!

_Eric Gleason MS, DBH_
Health Care Integration & Promotion Director

281 LaClair St.
Coos Bay, OR 97420
p. 541-266-6741, f. 541-888-8726
TTY Relay: 7-1-1
### Coos Health & Wellness Commercial Contest – 2019/20

**Name of Coos County high school you attend:**

<table>
<thead>
<tr>
<th>List individual names of all students in your team (no more than four per team):</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
</tr>
</tbody>
</table>

**Check commercial subject chosen:**

- [ ] Healthy Eating and/or Active Living
- [ ] Safe and Healthy Relationships
- [ ] Teen Mental Health

**Title of commercial:**

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
</tr>
</thead>
</table>

Submit to Eric.Gleason@chw.coos.or.us by February 3rd, 2020 at 5pm.